

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 72

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

May 2006

Kick Butts Day Celebrations



The Campaign for Tobacco Free Kids - Kick Butts Day (KBD) 2006 was celebrated with a variety of school events. At Stevenson High School, M*A*S*H (Minors Against Smoking Habits) prepared an entertaining skit for Wind River Middle School students followed by a presentation. The skit involved simultaneous scenes. On one side were the "mad scientists" preparing their tobacco using acetone, arsenic

and other poisonous chemicals. On the other side were the "big tobacco companies" scheming their next ad campaign and new catchy name. The students were entertained while also receiving important messages about the dangers of tobacco. A media literacy focus followed, and students saw the manipulation that can go on behind the scenes. Several students participated in the program and shared information after the skit. It was a big success according to school counselor, Heather Hoffberger. In Vancouver, 6th graders at Wy'east Middle School teamed up with a group of 8th graders to staff information tables during the lunches. According to Drug and Alcohol Intervention Specialist, Gabriele Ross, students approached her about participating in the event. "These students were relentless in their pursuit to acknowledge KBD at Wy'east Middle School. They gave up their lunch breaks for several weeks to strategize and make anti-tobacco posters," said Gabi. Student Abigail Wetsel contacted the KBD Campaign for information and made sure everybody stayed on track. They came in early for a week to announce anti-tobacco facts in the daily school bulletin. On April 14, they chased "Ciggy Butz" out of the lunch room, played a tobacco roulette game quiz and gave out tobacco facts and stickers. The 8th graders participated as part of their "Service Day" project where they were trained in the TATU curriculum and in media literacy.

Ciggy Butz visits Wy'east for KBD



Tobacco Free Coalition of Clark County gets New Chair and Chair-Elect

Donna Boyer, a probation officer with Clark County Juvenile Court, is the new Chairperson of the Tobacco Free Coalition of Clark County. Donna has a long history of anti-tobacco advocacy. She worked on the very first Great American Smokeout in California, over 30 years ago! Mary Deal, Health Officer for Clark College, will serve as the new Chair-Elect. Donna replaces Louise Jenkins, Stroke Program coordinator at the Southwest Washington Medical Center. We want to congratulate Louise for her leadership of the coalition for the past two years as Chair-Elect from 2004-2005, then Chairperson from 2005-2006. Donna Boyer can be reached at: 360.397-2201 x 4052. Contact [Mary Deal](#) at: 360.992.2264.

Korner Street Bar & Grill Pleased with Smoking Ban

The Korner Street Bar & Grill is enjoying new customers and a cleaner operation, thanks to the new state law banning smoking in public places. According to owners Rob Ferree and Joni Warren, the new law has not caused problems for their business. "Honestly, we haven't been hurt by this," said Rob. "We have customers coming in for lunch who didn't come in before when we allowed smoking." Rob is going through the process to have an approved covered shelter erected for his customers who do smoke. In the beginning Rob said he felt nervous. "The first few days after the ban went into effect, this place was dead", he said. "But things picked up and it's been fine ever since." Korner Street holds Thursday and Saturday night Texas "Hold-em" poker games and offers a full menu. They are located on the SE corner of 64th Street and St. Johns Road in Vancouver.

Breaking Free from Tobacco

Ten Clark County residents began the process of breaking their tobacco addiction on January 24 by attending the first of 8 tobacco cessation classes at the Clark County Center for Community Health. Two participants had already started by calling the Washington State Tobacco Quit Line but joined the group for additional support. The group discussed their tobacco triggers and barriers to quitting, and they affirmed the benefits of quitting. They brainstormed substitutes for tobacco and reduced their tobacco use before their planned quit date. By the end of 8 weeks, 8 of the 10 participants had quit using tobacco. They found the support so valuable that they continued meeting on Tuesday evenings at Sea Mar Community Health Center. On an average, the participants smoked 32 years of their lives and not one of them would say that it is easy to quit tobacco. They changed routines, struggled through cravings and persevered when they stumbled. It was their strong will and desire to live smoke-free that enabled them to succeed. The next series of tobacco cessation classes will be offered at Sea Mar Community Health Center room at their new location, 7410 E. Delaware Street in Vancouver on Wednesdays from 5:30 – 6:30 PM on the following dates: May 10, 17, 24, 31, June 7, 14, 28 and July 5. Contact [Jamie Zentner](#) Health Educator at 360.896.5128 to register.

Legacy Salmon Creek Offers Stop-Smoking Classes and a Healthy Kids Fair

Legacy Salmon Creek Hospital is offering a "Stop Smoking" series beginning July 5th on Wednesdays from 6:30 to 8:30 PM at their hospital located at 2211 NE 139th Street in Vancouver. During this four-week program participants will learn the latest research on nicotine replacement therapies, coping techniques and detailed strategies for making it through the first few weeks. A quitting approach based on participants' needs and lifestyle will be developed to minimize risk of relapse. The cost for the series is \$95 for a group class and \$150 for a private class. Call 360.487.3500 to register. The hospital is interested in partnering with others in the community to offer additional affordable smoking cessation classes. Legacy will also hold a Healthy Kids Fair on Saturday, June 10 from 10 - 2 PM. The focus is on safety and wellness. Any health groups interested in participating with a booth or interactive display for kids can contact Annette Cleveland at 360.487.2495 or ACleveland@LHS.ORG

Welcome to Inessa Raybukin

Inessa Raybukin is the new part-time support person for the Clark County Health Department's Tobacco Prevention and Education Program. For the 7 years prior, Inessa worked for the Health Department in Clinical Services as a cashier and she also helped refugee families to access health services and follow through with the immigration process. "My plans and intentions are to help in promoting a smoke-free environment," said Inessa. "I like being creative, helpful and I am hoping that my ability to speak Russian fluently will help in reaching out to the Russian community." Inessa's schedule is Monday-Thursday from 8 AM-1 PM. She can be reached at: 360.397.8000 x7208 or Inessa.Lepesh@clark.wa.gov



World No Tobacco Day 2006 - May 31

The purpose of World No Tobacco Day 2006 is to encourage countries and governments to work towards strict regulation of tobacco products. WNTD is celebrated around the world every year on May 31st. The event is sponsored by the World Health Organization. Each year, WHO designates a theme for World No Tobacco Day. This year the theme is "Start Raising Awareness Now About Tobacco: Deadly In Any Form Or Disguise. Log on to: www.wntd.com for more information. 2

Access 2006 Conference Outcomes and Conclusions

More than 250 local and national tobacco prevention leaders gathered in Seattle in April for Access 2006, a national conference convened to create innovative and effective new strategies to reduce youth access to tobacco products. This was the first national conference to bring youth, parents, community, and tobacco prevention leaders together to discuss their concerns on the topic of social sources. "During the conference and breakout sessions, the groups shared many wonderful strategies and ideas on how to better reduce youth access to tobacco products," said Long Vue, conference participant and Health Educator with the Clark County Health Department's Tobacco Prevention and Education Program. The recurring theme in the workgroups was a need to collect and share information. Some of the key recommendations put forth by the workgroups were:

- **The need for Collaboration:** Many participants strongly agreed that there's a need to better work together and coordinate messaging & efforts to have a deeper and lasting impact against tobacco industries.
- **The need to better engage youth:** Many participants agreed that we should let youth lead efforts in their own manner and their own vernacular; don't shut anyone out of the effort - work with youth even if they smoke; learn the youth language and speak to them in a manner that resonates with them.

The recommendations led to three core areas of interest:

- **Continued research** and providing an information clearinghouse
- **Parental involvement** and increased awareness about harms of tobacco
- **Enforcement & new policy development** and strengthened prevention efforts

For more details visit the conference Web site at: www.accessseattle2006.org. This conference was sponsored by Public Health – Seattle & King County's Tobacco Prevention Program, DOH, Department of Health & Human Services Center for Substance Abuse Prevention and the 7-Eleven Franchise Owners Association.

Proclamation Recognizes May as Asthma Awareness Month

May is Asthma Awareness Month and May 4 is World Asthma Awareness Day. The Washington State Department of Health in conjunction with the Department of Ecology, Labor and Industries, Washington Asthma Initiative and American Lung Association of Washington has developed an Asthma Month Proclamation because increased awareness and prevention for asthma is critical to addressing the problem in Washington. The proclamation states in part that: *Asthma has reached epidemic proportions in the United States and in Washington State, affecting about 400,000 Washington adults and about 120,000 Washington youth, and costs over \$400 million annually in medical expenditures and lost productivity. One hundred people die and more than 5,000 people are hospitalized in Washington every year as a direct result of asthma. Asthma in the US is the leading cause of childhood hospitalizations, long-term illness, and school absenteeism, accounting for more than 14 million missed school days each year. About 75% of people with asthma in Washington are over the age of 18 when first diagnosed with asthma, about 15% of adult-onset asthma can be attributed to workplace exposures and hospitalization rates for persons 65 and older have increased. Nearly 9%, or about 25,000 Clark County adults reported currently having asthma in 2004. In Skamania County, 8% or about 544 adults reported currently having asthma. One in 5 or 20% of Clark County 10th graders reported having asthma. In Skamania County, 26% of 8th graders reported having asthma. In support of Asthma Awareness Month, EPA developed an Event Planning Kit, an Asthma Awareness Month Web page, and Event Listing forms. The Event Planning Kit is a free resource that includes ideas and tips on organizing outreach and educational for everyone who is committed to raising awareness of asthma triggers and their management. The packet can be found at: www.epa.gov/asthma/awm.html. For local secondhand smoke resources contact: [Theresa Cross](mailto:Theresa.Cross@clack.wa.gov) 360.397.8000 x 7378*

Dangerous Pesticides Found in Cigarettes

Dangerous levels of the pesticides flumetralin, endocrine, pendimethalin, and trifluralin are in tobacco smoke, according to researchers from the Colorado School of Mines. UPI reported April 18 that scientists using electron monochromator-mass spectrometry analysis identified the chemicals, two of which are classified as human carcinogens. They said the substances could negatively affect early development, reproduction, and hormonal processes. All of the pesticides have been approved by the Environmental Protection Agency for use on tobacco. The study found that the chemicals survived the burning of tobacco leaves to retain about 10 percent of their original potency. The research appears online in the journal [Analytical Chemistry](http://www.sciencemag.org)

Working with LGBTQ Youth Training

May 12, 2006 “Working with Lesbian, Gay, Bisexual, and Transgender or Questioning Youth.” This training covers:

- Creating common language
- Competency when working with LGBTQ youth
- Health issues for LGBT individuals
- Benefits of cultural competency
- Practical ways to create cultural competency with a consideration for the local community's social norms

The training will be led by Erik G. Janson, Education Coordinator with Verbena Community Competency Trainings, and it will take place from 8 - 4 PM at Educational Service District 112 Conference & Institute Center, Pacific & Clark Rooms - 2500 NE 65th Avenue. To attend this FREE training you MUST register. Contact [Willie Manns](#) at 360.750.7500 x 133. Register early, these trainings fill up quickly and space is limited to 40 participants at this time. There will be a waiting list once the training has been filled.

Developing Smoke-Free Campus Policies

May 16, 2006 “Developing Smoke-Free Campus Policies”

Discover the ins and outs of creating smoke-free campus policies for hospitals and colleges. Go step-by-step through the process, from meeting with administrators, to implementing a smoke-free policy, to enforcing the new policy. Find out the differences between working with hospital and school administrators and learn what communication tactics work best with each group. You'll also receive sample policies and other communication materials that you can tailor for your community's hospitals and colleges. The training will be led by Paul Zemann and the intended audience includes tobacco contractors and key stakeholders, staff members of hospitals, colleges and other agencies, community members, health educators and anyone who is interested in implementing smoke-free campus policies. It will take place from 1:00– 4:00 PM at the Best Western CottonTree Inn, 2300 Market Street Mt Vernon, WA 98273. Contact person: Anne Elkins aelkins@esd189.org 360.299.4037. For more information and registration visit the Tobacco PRC Web site: <http://www.tobaccoprc.org/coursedetail.cfm?id=56>

Newsletter Contacts:

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- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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Send photos of your tobacco-related event to:
TobaccoTidbits@comcast.net

Calendar of Events

- 5/4 Secondhand Smoke Task Force** meeting, 1:30-3 PM, Clark County Center for Community Health, Room A332. Contact: [Theresa Cross](#), 360.397.8000 x 7378
- 5/4 World Asthma Day** - <http://www.ginasthma.com/WADIndex.asp>
- 5/9 Tobacco Free Coalition of Clark County**, 2:30-4 PM, Memorial campus of SWMC, Medical Office Building, Fir/Willow Room, 100 E. 33rd St, Vancouver. Contact: [James Lanz](#): 360.397.8416
- 5/11 Schools Task Force** meeting - 7:30-9 AM, ESD 112. Contact [Willie Manns](#) 360.750.7500 x 133
- 5/31 World No Tobacco Day**—www.wntd.com
- 6/05 4 week Youth Cessation Class** series, ESD 112, 6-8 PM. Contact [Willie Manns](#) 360.750.7500 x 133
- 6/05 Alternative to Ticketing** youth intervention class, 6-8:00 PM. Contact: [Long Vue](#) 360.397.8214
- 6/08 Tobacco Free Coalition of Skamania** meeting, 3:00-4:30 PM, Rock Creek Center, Stevenson. Contact: [James Lanz](#): 360.397.8416
- 6/15 Cessation Task Force** meeting, 3:30-5 PM, Clark County Center for Community Health, Room A308. Contact: [James Lanz](#): 360.397.8416

Please [let us know](#) about your tobacco related events so we can post them here.

Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](#) is a Web site designed to help people quit using chewing tobacco or snuff (smokeless tobacco): www.chewfree.com
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: www.seethruthesmoke.com/o2magazine/index.html
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [SecondHandSmokesYou](#) - Washington State Department of Health information on the revised Clean Indoor Air Act (RCW 70.160) that went into effect 12/8/05: www.secondhandsmokesyou.com
- [SeeThruTheSmoke.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: www.seethruthesmoke.com
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: www.housingconnections.org/Search.cfm
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: www.QuitLine.com
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. www.tobaccoprc.org
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: www.ttac.org

Links to external resources are provided as a public service and do not imply endorsement by the Clark County Health Department.